

Claims

1. An exercise apparatus which exercises the internal and external oblique muscles by maintaining the arms in fixed position and by rotating the lower body to overcome inertial forces which counteract rotation of the feet and lower body,
5 comprising
 - (a) a base;
 - (b) a neck extending above and fixedly attached to the base, said neck including a distal end;
 - (c) a first handle fixedly attached to the distal end of said neck to receive the right
10 hand of an individual using the exercise apparatus;
 - (d) a second handle fixedly attached to said distal end of said neck to receive the left hand of an individual using the exercise apparatus;
 - (e) a platform rotatably mounted on said base and including a central area and a peripheral area;
 - 15 (f) a divider fixedly attached to and extending upwardly from said central area of said base, said platform receiving the feet of an individual, each foot on an opposing side of and pressed against the divider; and,
 - (g) weight means mounted on said peripheral area of said platform and spaced apart from said divider to
 - 20 (i) provide inertia opposing rotation of said platform, and
 - (ii) generate resistance when oblique muscles rotate the feet, hips, and legs of an individual standing on the platform.

2. An exercise method to activate the oblique muscles, comprising
- (a) providing apparatus including
- (i) a base;
- (ii) a neck extending above and fixedly attached to the base, said neck
5 including a distal end;
- (iii) a first handle fixedly attached to the distal end of said neck to receive the
right hand of an individual using the exercise apparatus;
- (iv) a second handle fixedly attached to said distal end of said neck to receive
the left hand of an individual using the exercise apparatus;
- 10 (v) a platform rotatably mounted on said base and including a central area
and a peripheral area;
- (vi) a divider fixedly attached to and extending upwardly from said central
area of said base, said platform receiving the feet of an individual, each
foot on an opposing side of and pressed against the divider; and,
- 15 (vii) weight means mounted on said peripheral area of said platform and
spaced apart from said divider to
provide inertia opposing rotation of said platform, and
generate resistance when oblique muscles rotate the feet, hips,
and legs of an individual standing on the platform;
- 20 (b) having the individual stand on the platform with each foot on an opposite side of
and contacting the divider;
- (c) having the individual grasp the first handle with the individual's right hand;
- (d) having the individual grasp the second handle with the individual's left hand;

- (e) having the individual, while grasping said handles, maintain his arms in fixed position;
- (f) having the individual slightly bend his knees from the position where the individual's knees would be locked and straight;
- 5 (g) having the individual
 - (i) turn his legs, knees, and hips to the left by simultaneously pressing his right foot against said divider and rotating his hips and said platform to the left, and
 - (ii) maintain the individual's knees in the slightly bent position;
- 10 (h) having the individual
 - (i) turn his legs, knees, and hips to the right by simultaneously pressing his left foot against the divider and rotating his hips and said platform to the right, and,
 - (ii) maintain the individual's knees in the resulting slightly bent position; and,
- 15 (i) repeating steps (g) and (h) at a desired number of repetitions per minute for a selected period of time.